

Friendship
Laughter
Oppportunity
Understanding
Respect
Independence
Support
Health & Wellbeing



Connecting with nature
to encourage
connection between
mind and body -
promoting health and
wellbeing for all
involved.



**Alice Holt Forest
Bucks Horn Oak
Farnham, GU10 4LS**

**First Saturday in the
Month from
March - December
10am - 4pm**

**Free to attend
Lunch Included
Discount Parking Fee
phone 01420 551455
for more information.**



facebook.com/dementiafriendlyalton
dementia_friends@btinternet.com
dementia-friendly-alton.org.uk



**Dementia-friendly
Alton**



FLOURISH IN THE FOREST

**Leisure activities for carers and
young family members, immerse
together in the forest.**

Guided Forest Wellbeing
Walks, Inclusive Cycling,
Tandem Bikes, Outdoor
Games, Archery, Yoga and
more.



FLOURISH IN THE FOREST PROGRAMME - ACTIVE WELLBEING

OUR AIM



Our aim is to provide pleasurable and stimulating activities for those who wish to stay active and avoid the stigma of a dementia diagnosis, by running sessions at a venue associated with leisure and family fun.



Flourish in the Forest is an Active Wellbeing day which takes place one Saturday a month at Forestry England's Alice Holt Forest. It uses all its outdoor facilities and Activity Centre Studio as a spectacular venue to enhance the benefits of being set in nature.



Flourish sessions are beneficial to people living with a range of neurological conditions, who are also welcome to attend.



"Alice Holt is one of the few Accessible outdoor activity venues."

ACTIVE FOREST ACTIVITIES

- **Forest Wellbeing Walks** - variety of trails to suit ability/choice.
- **Cycling** Forest Trails and the Inclusive bikes available at Alice Holt suitable for wheelchair.
- **Outdoor Table Tennis, Mini Badminton, Archery and more.**
- Indoor Activities like Yoga can be added inside or outside weather permitting.
- **Tea and Chat** - time to chat with others for peer support.



BENEFITS OF BEING SURROUNDED BY NATURE

There is substantial evidence that being outdoors and immersed in nature has a beneficial effect on wellbeing and mood.

Social interaction and access to the outdoors and nature is important for people living with dementia and plays a significant role in their quality of life.



CARERS

All Dementia-friendly Alton sessions consider the wellbeing of carers as equally important. This programme offers respite for carers by providing the chance to relax and enjoy the range of outdoor leisure activities available at Alice Holt, supported by a team of experienced DFA volunteers.

